



Recipe of the Month - May 2018

Cowboy Caviar

Serves 10

Serving Size: 1/2 cup

Cost per Serving: \$0.39

Ingredients:

- 1 tablespoon oil (*canola, olive, or vegetable*)
- 1 tablespoon cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon Dijon mustard
- 1 can (*15 ounces*) beans (*drained and rinsed*)
- 3/4 cup frozen corn, thawed
- 1/2 cup onion, diced (*1/2 medium onion*)
- 1/2 cup bell pepper, diced (*1/2 medium bell pepper*)
- 1 cup tomatoes, chopped (*1 medium tomato*)
- 1 avocado, chopped

Directions:

1. Whisk oil, vinegar, lemon juice and mustard in a small bowl.
2. Stir beans, corn, onion, bell pepper, and tomatoes in a medium bowl.
3. Pour dressing over bean mixture. Cover. Refrigerate until ready to serve.
4. Add avocado just before serving. Gently stir to combine.

Tips:

Serve with tortilla chips. Or serve as a filling for a tortilla or lettuce wrap.
Change the flavors in this recipe by adding different seasonings like salt, pepper, garlic powder, cilantro, or chili powder.



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NUTRITION FACTS PER SERVING: 90 calories, 4g total fat (0 g sat. fat), 0mg cholesterol, 65mg sodium, 12g carbohydrates, 5g fiber, 2g sugar, 3g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*